



VOLUNTARY SERVICE

James Tuchschiidt, MD. MM. Director

Jan/Feb/Mar Fall Edition 2007

Kay Hilt, Chief, Voluntary Service

Date/ Events

Inside This Issue:

• From the desk of the Chief	Front
• Infection Control	2
• Vancouver News	2
• Inclement Weather	3
• TB Testing Info	3
• National Salute	4
• Joint Commission Visit	5
• Holiday Follow-Up	6
• Holiday Train	7
• Unusable Donations	7
• Volunteer Profiles	8-9
• Executive Committee Info	10
• Executive Committee Meeting Schedule	11
• Healthy Living	12
• Recipe	13
• Needs List	14-15
• Awards Info	16-18
• Holiday Questionnaire	19

Upcoming Events:	
National Salute Week	2/12-16/07
George Washington's Birthday- Office Closed	2/19/07
VAVS Sale (Portland)	3/7 & 8/07

FROM THE DESK OF THE CHIEF

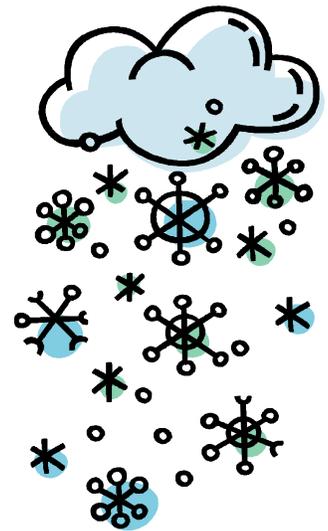
FROM THE CHIEF'S DESK

"After All is Said and Done, More is Said Than Done"

-anonymous

This quote may be true for some groups of people but it is NOT true of our volunteers. In the first three months of Fiscal year 07 you have contributed a total of 25,291 hours of service and \$140,222 in non-cash donations and \$5472 in cash. You have, obviously,

not been 'saying more than doing'. The generous contributions of your service, material and monetary donations are extraordinary. The spirit of caring is evident in each hour, every item and dollar donated. Every time you go into a patient's room with comfort items and a big smile, every time you give a veteran a ride in from the parking lot or from a distant community, every time you answer a phone or call a veteran to remind him/her of a clinic appointment you are an ambassador for the VA. Veterans love you for your kindness and the warmth you exude. You make people feel good about themselves and



the VA. Thank you so much for caring! We are so fortunate to call you one of our own.

Kay



Volunteers make a difference



INFECTION CONTROL

Flu season is here! According to the Department of Health and Human Services, "The flu usually spreads from person to person in respiratory droplets when people who are infected cough or sneeze. People occasionally may become infected by touching something with influenza virus on it and then touching their mouth, nose, or eyes. Healthy adults may be able to infect others **1 day before** getting symptoms and up to **5 days after** getting sick. Therefore, it is possible to give someone the flu before you know you are sick as well as while you are sick".

Common Flu Symptoms:

- Fever
- Headache
- Tiredness
- Cough
- Sore throat
- Runny and stuffy nose
- Body aches
- Diarrhea and vomiting

"Having these symptoms does not always mean that you have the flu. Many different illnesses, including the com-

mon cold, can have similar symptoms" –Department of Health and Human Services

We ask those who have flu or viral symptoms, to **please stay home**, even if it is a minor sore throat or cough. This will protect the veterans with low immune systems and everyone in the medical center and prevent the spread of flu or other viruses.

By Barbara Parker



VANCOUVER NEWS

In addition to the special activities during National Salute to Hospitalized Veterans Week, NSCU residents were entertained with some fun, interesting activities: A visit from the Oregon Zoo-Mobile, a Super Bowl Tail-Gate Party with hot dogs, chips and dips and vegetable trays, and the annual Fat Tuesday Ice Cream Social on February 20.

The week of St. Patrick's Day (March 17) saw the enjoyment of NSCU residents. Movies can be checked out along with VCR's for viewing in the patients' own room. All of the VCR's have been do-

nated, as well as most of the movies.

It is obvious that things are hap-



pening, building-wise, on the Vancouver campus. Five of the old wood-frame, barracks-style buildings between B and C Streets, north of the D-parking lot, are being prepared for demolition. A new parking lot, approximately equal in area to the existing lot across the street, will occupy the vacated space.

After that, only 16 buildings of the old Barnes Hospital will remain, and 13 of them (plus the old chapel) will be removed in two phases during the coming year. The three buildings to be left standing are the Gym, Building D- and the former Army Communications Building, which is the small brick building just south of the Vietnam Garden in which the proposed Veterans Museum will be housed.

By Marjorie Varner



INCLEMENT WEATHER ANNOUNCEMENT

What to do in Inclement Weather

Not too long into the New Year we experienced a winter storm in the Portland area. Most volunteers opted to avoid the dangerous driving conditions by staying home. This was a good reminder that we should all know what to do when weather is severe. Here are some helpful tips to consider when such situations arise:

- 1) Call the Voluntary Service Department if you are not coming in for your scheduled shift. The numbers are (503) 273-5042 for Portland, and 690-1842 or 696-4061 x 31842 for Vancouver.
- 2) Call your work station supervisor to let them know you will not be coming. Make sure you have their telephone

number available to you at home.

3) You may also call the medical center Alert Hotline at (503) 721-1458 or (503) 220-8262, extension 51458 or visit the hospital website at www.va.gov/portland for information regarding conditions and closures. The website has a scrolling banner which will contain urgent instructions from the Executive Office during severe weather conditions. Click on the banner to read the full text.

In most situations, Tri Met buses will come up to the medical center. If you are unsure if the buses are running, you can call Tri Met at (503) 328-RIDE (7433), Or visit the website at www.trimet.org. It is always a good idea to know what you would do in severe

weather so when it happens you are not caught off guard. Knowing your bus route or having an alternate plan can help you transit more smoothly when mother nature is not so kind.



Just remember that if you do not feel comfortable in your ability get to the medical center safely, stay home. We love our volunteers and want to continue seeing all of your smiling faces!

By Amanda Silvers

TB TESTING INFORMATION

Change in Policy Requiring Annual Tuberculin Skin Test

Please disregard the TB notification you received in the mail. On January 4, 2007 Dr. Tuschmidt approved a recommendation from Infection Control and Occupational Health for our facility to stop performing routine annual tuberculin skin testing on health-care workers and volunteers

already established in our system. Please note that all new employees, volunteers and persons exposed to active cases of tuberculosis will continue to be tested as before. The new CDC guidelines continue to stress the importance of these practices in the control of tuberculosis.

By Barbara Parker



NATIONAL SALUTE TO HOSPITALIZED VETERANS WEEK

The 2007 National Salute to Hospitalized Veterans was held during the week of February 11-17. Country Western singer-songwriter Jerry Reed was the national chairman this year and led the Department of Veterans Affairs annual patient recognition program, inviting the public to visit and honor hospitalized veterans. Reed also served as national spokesperson for more than 140,000 volunteers serving veterans at VA facilities across the nation.

Both Portland and Vancouver VAMC Divisions honored its veterans with a week of special events.

On Saturday morning, February 10, the Portland and Vancouver VAMC's were visited by Camp Fire Girls and Boys. Using craft supplies furnished by the Longview-Kelso Elks, the Camp Fire members made hall banners and valentine cards, which were distrib-

uted by the children afterward during their visits to the veterans.

Cakes, furnished by Rick Hansen of the Oregon Elks, were served to veterans in the hall outside the Primary Clinic in Vancouver on February 9 and the Atrium in Portland on February 15th. In Portland, the VAVS Executive Committee also supplied a cake that was served in the Atrium.

A visit from the Portland Trailblazer Dancers was a special finale to this special week at the Portland Division.

To start National Salute Week off in fine style in Vancouver, the Recreation Staff served juice, coffee, fresh pastries and bagels to NSCU residents and staff.

Red Cross VA volunteers held a special National Salute Week-Valentine Party for NSCU veterans the evening of February 14. With Piano

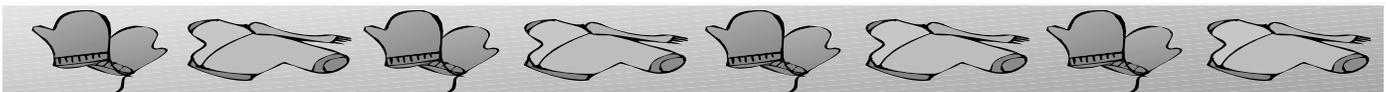
Duet entertainment and members of Red Cross Youth Groups serving refreshments, it was a festive evening.

Musical entertainment during the week was provided by the Dickson Five, a talented family group from Battle Ground, WA, that entertains monthly at NSCU.

A section of the USAF Band, out of southern California, closed out the week with an outstanding program.

Volunteers and staff alike hope that these activities helped to cheer our hospitalized veterans and let them know how special we think they are.

By Marjorie Varner



UPCOMING JOINT COMMISSION VISIT

THE JOINT COMMISSION IS COMING (and why it matters to you)

The Joint Commission (formerly known as the Joint Commission on Accreditation of Healthcare Organizations) is the organization that visits medical centers around the country to make sure that hospitals are meeting prescribed standards of operation so that patients get the best care they can. It is time for another survey. The Joint Commission uses a system known as the "tracer method" to evaluate medical centers. This means that they will select a patient and follow (or trace) that person's path throughout his/her visit to the VA. Along the way, they will evaluate, safety, environment of care, staff and volunteers knowledge of emergency precautions and their ability to demonstrate such things as, fire safety, infection control, HIPAA and Cyber Se-

curity. Should you be approached by a surveyor, **NEVER** answer a question with "I don't know". If you don't know the answer (sometimes the questions are vague or misleading) either ask for clarification of the question or say "when I am uncertain about things such as this, I ask my supervisor. The manuals regarding this are kept in the _____" (know where they are). If you place food in any of the Voluntary Service refrigerators, please date the food. All staff food must be kept separate from food which will be served to patients.

The Joint Commission will also look to see how many people have completed their annual mandatory training. All employees and volunteers are required to do this. It's a good way to review such things as emergency preparedness, fire safety and infection control so that we can do our jobs in a

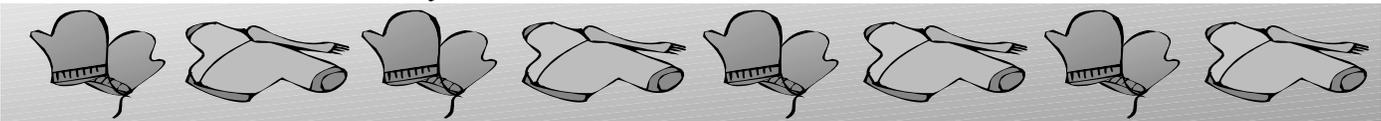
safe manner. Even when we think we know all the information, reviews are helpful. Voluntary Service is close to getting 70% compliance with volunteers returning their mandatory training quizzes. We do need everyone's help though so we can get to 100% and not be the cause of the medical center getting a "ding". Thanks to all of you who have already turned in your quizzes!

By Kay Hilt



"Look at a day when you are supremely satisfied at the end. It's not a day when you lounge around doing nothing, it's when you've had everything to do and you've done it!"

--Margaret Thatcher



HOLIDAY FOLLOW-UP

The Holidays-the aftermath

The Holiday Season has now come and gone and what a holiday season it was! First I would like to thank each volunteer and all of the service organizations for making the season such a great success. There was so much giving and caring shown by volunteers I am not sure where to start, but here I go.

The day after Thanksgiving the Christmas Trees were put up and the decorating began. This felt like the kick off to the 2006 Holiday Season-my first in Voluntary Service. I was a little nervous but you all helped guide me through. There were over 200 memorial ornaments decorating the tree of honor in the atrium and it was beautiful. There were also a few dedicated volunteers operating a model electric train that ran around the tree each day. The train was a big hit with the patients, visitors and employees. The normal hussle and bussle in the atrium started to have a little holiday cheer.

I did have a little time to get up to the wards and visit with a few inpatients. Each room I entered had something

to remind me of the holiday season. I saw lots of stockings and phone cards that were donated and passed out to veterans by different volunteers and groups. This generosity really brightened the days for the inpatient population. We even had enough stuffed stockings for the Day Treatment Program to share with their patients. I heard this brought great joy to them as the stockings were distributed during their holiday party. Thank you, to all that participated in these donations.

The Volunteer Holiday party was also a lot of fun. So I have been told. Unfortunately I was unable to attend, but there



Santa took time out of his busy schedule and made an appearance with gifts. From the pictures, it looked like he dropped a few pounds this year. Now that I think about it, the party was early in the season so he was just starting to get to the Christmas cookies and cakes. I appreciate the time that people took to help make this party a success and hope all in attendance had a good time.

The American Legion Auxiliaries held their gift shops again this year. It was year 67 for this awesome event. Way to go American Legion Auxiliaries! In Vancouver there were 2 bake sales held to raise money for the hospital. The Transplant lodging unit supported the sales by donating crafts. My hat is off to you. I am sure that I did not mention everyone that worked so hard to make the Holiday Season such a success, but know that your efforts are appreciated by the VA and especially the veterans whose lives that your generosity has touched.

By Rich Maichle

"I have not failed. I've just found 10,000 ways that won't work."

- Thomas Alva Edison (1847-1931)



Holiday Train



Train brings back good memories

When Fall rolled around this past year, people at PVAMC started to ask when the model train would begin to run.

November 27, 2006 came and right on time the train rolled down the track on its first trip around the medical

center's Tree of Honor.

This holiday season, as with the previous two years, the train was operated by volunteers. This year seven service organizations: American Legion, America Legion Auxiliary, American Red Cross, Air Force Sergeants Association, Non Commissioned Officers Association, Unaffiliated Volunteers, and Veterans of Foreign Wars provided volunteers to keep the train on track and answer questions.

The Holiday Train bought back memories to many and enjoyment to all who saw it running. It seemed to put a smile on everyone's face.

This season we asked

people who were interested in the train to write their thoughts in a journal and over fifty people responded. Here are two of those responses.

"This train reminded me of the train I rode across Europe during WWII." C. Temple.

"Watching the train makes one think of a simpler time and or simpler pleasures. Perhaps it would do all well to remember those simpler times." Unsigned.

Remember volunteers will be needed during the 2007 holiday season .

By Bruce Gross

UNUSABLE DONATIONS

USELESS DONATIONS ROB VETERANS

Every week Voluntary Service receives many donations to be used for the benefit of veterans. These donations are made with the best intentions and most can be used for the intended purposes. There are, however, donations which seem to come from a closet, basement or garage without much thought as to how hospitalized veterans can use them. Try to imagine what you would do with the following list of actual donations if you were a patient here at the VA:

A hardback book complete with cobwebs, a 1971 magazine with patterns for cro-

cheted clothes, Harlequin and Silhouette romance paperbacks, a clear plastic box of artificial flowers, three used votive candle holders and a plastic cup, draw string ditty bags measuring 1 inch by 2 1/2 inches, 6 x 8 inch pocket, hemorrhoid surgery cushion, catheters, an open bag of Depends, a Tantra pillow book of sexual positions, Christian tracts, clothes with torn knees, buttons missing, used cosmetics and personal care items.

Every time donations such as these are brought into the medical center, Voluntary Service has to throw them away. They cannot be distributed to our veterans. The cost of throwing out dumpsters full

of un-usable items gets higher every year; and since we can't let this stuff pile up, it has to be discarded. These costs are passed on in the form of reduced services to veterans.

Please carefully sift through your donations and send only those things that can really be used and enjoyed by a hospitalized veteran. No veteran is desperate for more junk and all veterans should be given the respect afforded to someone who has given service to America.

By Kay Hilt



PORTLAND VOLUNTEER PROFILES

Karin Bishop



Karin Bishop was born outside of Cleveland, Ohio. She has two stepchildren, a son and a daughter, that she has known since they were toddlers. In 1983, Karin moved to the Portland Metro Area for a job and soon after, met her husband Jim. They met through the dental field where they both worked.

Karin is a member of the Daughters of the American Revolution (DAR) and has been a volunteer at the Portland VA Medical Center for 7 years. She first got involved volunteering at the hospital through a program called "Valentines for Vets" where valentines are made by the community and brought to the hospital for inpatient veterans. Karin agreed to bring the valentines, and enjoyed it so much she decided to get involved with the volunteer program.

Since then, Karin has been coming to the hospital every Monday without fail to

make coffee for the pharmacy her guys. She says that "I enjoy and clinics (occasionally starting the coffee for other organizations who take coffee to the 8th floor clinics) and occasionally bring comfort items for some other DAR chapters who have been unable to make it to the hospital. She takes a personal interest in the veterans calling them "her guys", and has gotten to know them very well. She knows some of the veterans she sees on Mondays so well that she has been helping them write up Pharmacy employees to recognize the outstanding service they have received. These same veterans have made a sign for her that



says "Karen's (sic) Monday Morning Coffee Club" that she uses when she takes coffee. She also wears the pins representing the veterans she knows very well on her volunteer jacket.

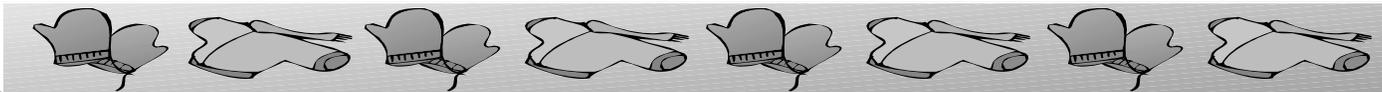
Karin is employed full time as a dental technician in a lab she co-owns with her husband. She comes to the hospital before her shift at the lab to make the coffee and visit with

coming up before work because it starts my week/day and gets me off to a good start" and mentioned that if she didn't work she would donate much more of her time. Karin keeps her eye out for veterans who look lost and helps them get to where they are trying to go. She is always willing to help when needed— she even helps escort patients when the escort office is short staffed.

Some of Karin's hobbies include practicing Tai Chi and riding her new Harley Davidson motorcycle on the weekends. Karin is an amazing woman who is very giving of her time to veterans. We want to thank her for all her hard work and dedication.

By Amanda Silvers

"The full use of your powers along lines of excellence."
- definition of "happiness" by John F. Kennedy (1917-1963)



VANCOUVER VOLUNTEER PROFILES



IN MEMORY

Patricia Blair

July 8, 1915 – December 13, 2006

Pat Blair, Veterans of Foreign Wars Auxiliary and Honorary Representative, passed away on Saturday, December 13, 2006. She was born in Widnes, Lancashire, England in 1915. She went to London for nurses' training at King's Cross Hospital and had just graduated

when World War II broke out in 1939. She was a nurse with the Royal Air Force and went to France after D-Day. She met her first husband who was a U.S. Army medic and they were married in England in 1944. In 1947 she joined her husband in Michigan and a year later took the oath of U.S. citizenship in Detroit. They traveled through several states and eventually, in 1969, ended up in Vancouver, WA. Shortly after moving here, her husband passed away. In 1970, Pat married her late husband's brother who was a U.S. Navy veteran.

Pat volunteered at the Vancouver Division for over 33 years with approximately 9,100 hours of service. In her early years of volunteering at the VA,

she distributed comfort items to the hospital wards and later to the NSCU. Patricia was well known for her support and planning of the annual Veterans Day and Memorial Day massing of the colors. For approximately 25 years she worked closely with the VAMC Chaplain's Service sending out letters to the State Representative and local service organizations, plus mailing out the thank you letters for the potluck that followed.

Pat left behind 5 sons, 1 daughter, eight grandchildren and 11 great grand children. She will truly be missed by all of them and all of her family at the VA.

By Toni Davis

Jo Ann Strickland

Pen and pad in hand, Jo Ann Strickland efficiently serves as the current secretary of the Vancouver VAVS Executive Committee, a group that is made up of one representative from every service organization that volunteers at the Vancouver VAMC. Jo Ann's minutes of these meetings are concise and include the consensus of the group on projects, policies and activities reached after lengthy discussions and exchange of ideas and opinions. She sends a copy of the minutes to the representatives and deputies of the service organizations, thereby keeping everyone informed. It is a big job involving a lot of time and effort but well worth it.

Jo Ann began her volunteer work at the Vancouver division five years ago after retiring from a 41-year career at Sea-First-Bank of America. A member of the American Legion Auxiliary for 23 years, she visits the NSCU wards as a representative of that organization every Thursday, distributing comfort items to the residents. This is her second year as VAVS Executive Committee secretary and her second year as a member of the volunteer planning committee [awards banquet]. Jo Ann also makes "goodies" to sell at the quarterly bake sales for the VAVS Vancouver Executive Committee.

Volunteering is second-nature to her. Jo Ann has four sons from her first marriage and

was active in Boy Scouts, Little League and PTA as they grew up. In fact, it was through volunteering that she met

her current husband 32 years ago. She had been the treasurer of her two older sons' Boy Scout troop when the Scoutmaster, a recent arrival from Michigan, Rod Strickland, veteran of four years in the Navy and four years in the Seabees showed up on the scene. Rod had been active in the American Legion and 40 et 8 in Michigan which is how the VA became so fortunate as to have Jo Ann as a volunteer.

By Marjorie Varner



VANCOUVER VAVS EXECUTIVE COMMITTEE

As we begin the new year, we hope that everyone had a great holiday season. We look forward to many new opportunities to help veterans.

Our first ice cream sale went very well considering it was in the winter. The last two Bake/Craft sales were the best ever. Thanks for all the donated baked goods and craft items, and a very special thanks to the Liver Transplant

Unit for the craft items they made and donated to the December sale. We are setting up a special committee that will schedule and administer our upcoming events.

Because of the dedicated volunteers, the Vancouver VA is in better shape than ever. Thank you all.

By Michael J. Archer Sr.



PORTLAND VAVS EXECUTIVE COMMITTEE

Portland VAVS Executive Committee

While cashiering for the ice cream at our last sale, I overheard someone say, "It just isn't an ice cream day". It was a cold day and there were snow flurries off and on all day. We took in approximately \$330, so some people think any day is an ice cream day. About 1:30, it was snowing heavily and the committee made the decision to close at 2 o'clock to allow a safe trip home. We made the decision that if there were a lot of ice on

Thursday morning, we would not come in. Some of the areas had several inches of snow on top of ice. Therefore, the second sale day was postponed to Wednesday, January 24.

At our last meeting, we voted to donate \$800 for coffee and supplies; \$165.75 to purchase new POW/MIA flags; a new coffee pot for the post-op area; \$500 for slipper socks; 4 step stools for the DAV patient transportation vans; and allowed for \$300.00 expenditure for National Salute to Veterans

week of February 14. This committee is so dedicated, I can't seem to thank them enough, however I want to thank them again for being such a great team.

By Nita Lucht

"Try to learn something about everything and everything about something."

- Thomas Henry Huxley (1825-1895)



VAVS COMMITTEE MEETING SCHEDULES

2007 VAVS Quarterly Meeting Schedule - VANCOUVER and PORTLAND Combined

February 6, 2007	11:00am	Portland Auditorium
May 1, 2007	11:00am	Vancouver Columbia Room
August 7, 2007	11:00am	Portland Auditorium
November 6, 2007	11:00am	Vancouver Columbia Room

2007 VAVS Executive Committee Meeting Schedule – VANCOUVER ONLY

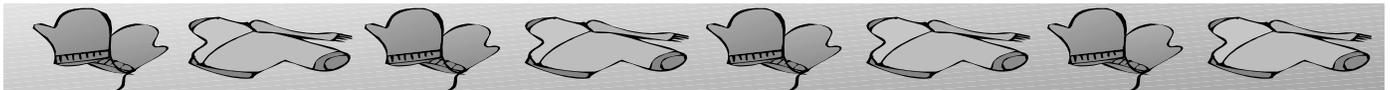
February 13, 2007	1:00pm	Vancouver Columbia Room
April 3, 2007	1:00pm	Vancouver Columbia Room
June 5, 2007	1:00pm	Vancouver Columbia Room
August 14, 2007	1:00pm	Vancouver Columbia Room
October 2, 2007	1:00pm	Vancouver Columbia Room
December 4, 2007	1:00pm	Vancouver Columbia Room

2007 VAVS Executive Committee Meeting Schedule – PORTLAND ONLY

February 21, 2007	9:30am	Building 101 Room 106
April 18, 2007	9:30am	Building 101 Room 106
June 20, 2007	9:30am	Building 101 Room 106
August 15, 2007	9:30am	Building 101 Room 106
October 17, 2007	9:30am	Building 101 Room 106
December 19, 2007	9:30am	Building 101 Room 106

Upcoming VAVS Sales

March 7 & 8 2007	8:30am	Portland Atrium
------------------	--------	-----------------



HEALTHY LIVING

What is stress?

Familydoctor.org defined stress as “what you feel when you react to pressure, either from the outside world or from inside yourself. Stress is a normal reaction for people of all ages. It's caused by your body's instinct to protect itself from emotional or physical pressure or, in extreme situations, from danger”.

Things to help reduce stress:

- Eating well-balanced meals regularly.
- Try to watch caffeine intake
- Get a good night's sleep
- Exercise
- Meditation
- Find a hobby

How can I deal with stress?

- Find the source that is causing your stress and change what you can to reduce the cause.
- Don't be so hard on yourself. Can't make everyone happy all of the time.
- Keep in mind that mistakes now and then are ok.

- Find a friend or family member to talk to.
- Work with your hobby at least once a week. It is a great outlet.
- Most important! Remember to have fun! Take a day and do something you really enjoy!



Hobby Ideas:

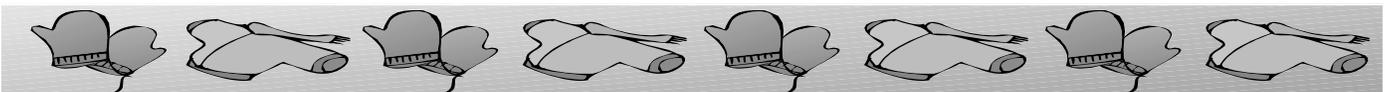
- Outdoors (camping, hiking, canoeing, kayaking, etc)
- Fishing
- Scrapbooking
- Card Making
- Rubber Stamping
- Coin, Stamp, antique , cars, etc collecting
- Knitting, crocheting, crocheting, sewing, quilting, etc.
- Jewelry Making
- Painting
- Photography
- Wood Working
- Musical Instrument (s)

There are many hobbies to choose from. If you are interested in additional ideas, a list is available at www.about.com.

By Barbara Parker

“Attitude is the way you mentally look at the world around you. It is how you view your environment and your future. It is the focus you develop toward life itself”.

Author Unknown



RECIPES

Beef, Bean and Barley Stew (allrecipes.com)

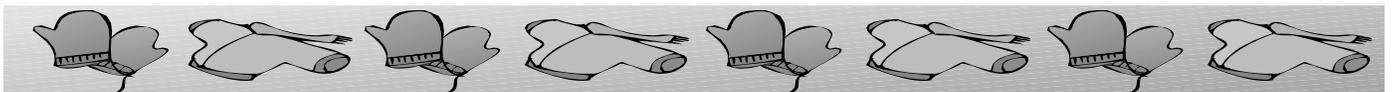
INGREDIENTS

- 1 pound cubed beef stew meat
- 1 small onion, chopped
- 1 pinch salt
- 1/4 teaspoon ground black pepper
- 3 cloves garlic, crushed
- 2 (14 ounce) cans beef broth
- 3 1/2 cups water
- 1 cup peeled and diced tomatoes with juice
- 1 potato, cubed
- 2 carrots, chopped
- 1/4 medium head cabbage, shredded
- 1/3 cup quick-cooking barley
- 1 (14.5 ounce) can great Northern beans, rinsed and drained
- 1/4 teaspoon dried oregano
- 1/4 teaspoon dried basil
- 1/4 teaspoon dried rosemary
- 1/4 teaspoon caraway seeds



DIRECTIONS

Coat a large pot or Dutch oven with cooking spray.
 Place over medium heat and cook beef until brown.
 Stir in onion and cook until translucent. Drain fat. Stir in salt, pepper and garlic and cook 1 minute. Pour in beef broth, water and tomatoes.
 Stir in potato, carrots, cabbage, barley and beans. And season with oregano, basil, rosemary and caraway. Bring to a boil, then reduce heat and simmer 20 minutes.





PORTLAND VA MEDICAL CENTER
VOLUNTARY SERVICE (P5 VOL)
PO BOX 1034
3710 SW US VETERANS HOSPITAL ROAD
PORTLAND, OR 97207

Official Business
Penalty for Personal use \$300.00

PORTLAND VA MEDICAL CENTER
